



The Down Syndrome Association Gauteng

HELP YOUR CHILD TO BE THE BEST THEY CAN BE IN BODY AND MIND

PRACTICAL TIPS

TO DO WITH YOUR CHILD AS OFTEN AS YOU CAN

- **SMILE** often at your child – your child will smile back and be happy.
- **TOUCH OR HUG** or rock or stroke your child to comfort him – touch helps a child to feel safe and loved.
- **LISTEN** to what your child is saying or trying to tell you – and respond.
- Let the child **PLAY AND EXPLORE** safely – helping the child to grow and learn.
- **SING** songs with your child.
- **TELL YOUR CHILD STORIES** and look at pictures together – **TALK** about them.
- **USE LITTLE RITUALS TO HELP CHILDREN LEARN A ROUTINE** – like a special bed time song. Sharing happy meal times and helping children go to bed happily, will help them to eat well and sleep well.
- **HELP YOUR CHILD FEEL HAPPY AND SAFE** – protect a child from screaming and fighting at home – turn off noisy and violent TV or radio programmes.
- Get your child to **HELP YOU AROUND THE HOUSE** - this will help them to grow into a caring and helpful adult.
- **PRAISE AND ENCOURAGEMENT** are like sunshine to a flower – they help a child to blossom.

